

# South Jordan Leisure, Aquatic & Fitness Center

10866 S. Redwood Road, South Jordan

253-5236

# Swimming Lessons



## FALL/WINTER 2006



Pre-levels, Level 1– Level 3 classes are limited to five students. Level 4– Level 6 classes are limited to six students. Our Parent-Tot classes are limited to fifteen students. There must be at least 3 students in a class for the class to carry. We reserve the right to cancel or combine classes as needed. Any cancellation of a registered participant will be subject to our refund policy. In the event of missed classes we are unable to provide credits, refunds, or make-ups. For safety reasons spectators will be asked to sit on the pool benches. Dressing rooms and lockers are available.

Class	Description	Times
Parent & Tots	6 months– 3 years	<b>Mornings:</b> 11:40am-12:10pm <b>Saturdays:</b> 10:20-10:50am
Pre-Level 1 (ages 3-5 years)	Water Exploration	<b>Mornings:</b> 9:00-9:30am, 10:20-10:50am, 11:40am-12:10pm <b>Afternoons:</b> 4:00– 4:30am <b>Saturday:</b> 9:40am-10:10am, 11:00-11:30am
Pre-Level 2 (ages 3-5 years)	Primary Skills	<b>Mornings:</b> 9:00-9:30am, 9:40-10:10 am, 11:00-11:30am, <b>Afternoons:</b> 4:40- 5:10pm <b>Saturday:</b> 9:00-9:30am
Level 1 (ages 6+ years)	Water Exploration	<b>Mornings:</b> 9:40– 10:10am, 12:20– 12:50pm <b>Afternoons:</b> 4:40– 5:10pm <b>Saturday:</b> 10:20-10:50am
Level 2 (ages 6+ years)	Primary Skills	<b>Mornings:</b> 9:00-9:30am, 10:20-10:50am, 11:00-11:30am, <b>Afternoons:</b> 4:00– 4:30pm <b>Saturday:</b> 9:40-10:10am, 11:00-11:30am
Level 3	Stroke Readiness	<b>Mornings:</b> 9:40-10:10 am, 10:20-10:50am, 11:00-11:30am <b>Afternoons:</b> 4:00– 4:30pm, 4:40– 5:10pm <b>Saturday:</b> 9:00-9:30am, 11:00-11:30am
Level 4	Continued Stroke Development	<b>Mornings:</b> 12:20-12:50pm <b>Afternoons:</b> 5:20– 5:50pm <b>Saturday:</b> 9:00-9:30am
Level 5	Continued Stroke Development/Refinement	<b>Mornings:</b> 11:40am- 12:10pm <b>Afternoons:</b> 5:20– 5:50pm <b>Saturday:</b> 9:40-10:10am
Level 6	Skill Proficiency-Fitness Swimmer	<b>Mornings:</b> 12:20-12:50pm <b>Afternoons:</b> 5:20– 5:50pm <b>Saturday:</b> 10:20-10:50pm

# CLASS DESCRIPTIONS FOR WATER FITNESS CLASSES

*(Classes, Schedules & Instructors are subject to change without notice)*

**\*Forty/20:** Forty minutes of cardio done in the deep-end and 20 minutes of circuit training done in the shallow end. This is a great class for anyone wanting a full water workout!  
(combination deep/shallow water class)

**\*Advanced Body Conditioning:** Deep water workout focusing on muscle conditioning and toning. Includes advanced ab workout, and targets improving posture and cardiovascular endurance.  
(deep water class)

**\*In the Deep...** : Take the impact out of your workout using water resistance for a great fat burning, muscle toning cardio that is done entirely in the deep-end. Floatation belts are provided.  
(deep water class)

**\*Cardio Maniac:** Excellent workout for everyone! An intense cardio and strength class, using floatation belts and/or mini floatation cuffs, floatation hand buoys, and resistance tubing. Some interval cardio will also be applied. You don't have to be in great shape for this class, just work at your own level and increase as you attend each time. Let's work it up together!  
(deep water class)

**\*The Works:** A low intensity class that focuses on toning, cardiovascular endurance and flexibility.  
(shallow water class)

**\*Pilates/Cardio:** Start your workout with Pilates based deep water exercises, then move to shallow water for resistance and cardio training. (combination deep/shallow water class)

\$PRICES\$	SINGLE VISIT	10 PUNCH PASS	MONTHLY PASS
PASS HOLDER	\$3.00	\$20.00	\$20.00
RESIDENT	\$4.00	\$27.00	\$25.00
NON-RESIDENT	\$5.00	\$34.00	\$30.00
SENIORS	\$3.00	\$20.00	\$20.00
SENIOR NON-RESIDENT	\$4.00	\$27.00	\$25.00

